



## Sidee baan u ilaalin kara ilmahayga haddii aan xanuunka qabo?

- Ka ilaali ilmaha in dhiigaagu taabo.
- Maydh gacmahaaga ka dib markaad taabato dhiigaaga, deecankaaga ama gudahaaga.
- Nabarada (jidhkaaga ama ilmaha) ku yaal waa inaad ku xidha baandheej si deecanku u taaban ilmahaaga.
- Nadiifi meesha dhiigaagu ku daato. Kuna nadiifi biliijka jeermiska dila (biliijka guryaha lagu isticmaalo oo aad ku dartay tobankood oo biyo ah).
- Ha u calalin ilmaha cuntadiisa.
- Ha la wadagin ilmaha cadayga ama waxyaalaha lay isku nadiifiyo.
- Ilmahaaga waa naas nuujin karta haddii ilmuuu uu qaato tallaalka cagaarshow B, lakiin jooji naas nuujinta haddii ibta naaska ama naaska uu dildilaac ku dhaco ama nabaro yeesho.

Haddii add rabto in waragdan loo dabaco si ka duwan siddan, la soo xidhiidh talifoonka 1-800-525-0127.



Hepatitis B Program  
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Adapted from:  
State of California,  
State of Hawaii, and  
Seattle-King County  
Department of Health

# HEPATITIS B

## Cagaarshow B

*Sideebad u ilaalinkarta ilmahaaga  
How to Protect Your Baby*



Somalian



*Waxa laga yaaba inaad qabto curddurka cagaarshowka B, isla markaana aanad ogeyn! Lakiin waxaad qaadi karta tallaabooyinka aad ku ilaalin kari lahayd ilmahaaga inaanu cudurka qaadin. Ha dhayalsan si aannu ilmahaaga ugu dhicin cudur beerka ku dhaca oo dawo lahayn sannadada dambe.*

## Muxuu yahay Cagaarshow B?

Cagaarshow B waa cudur khatar ah oo ku dhaca beerka. Wixa dhaliya farista loo yaqaan Cagaarshow B, waxaanna fidhiya hooyada oo qaadsiisa ilmaha wakhtiga umulaada.

## Waa maxay calaamooyinka Cagaarshow B?

Calaamooyinka waxa ka mid ah cunto diid, daal, yalaalugo, joonis (indhaha iyo jidhka oo huruud noqda) ama kaadi madow. Hase yeeshe, dadka qaarkii kama muuqato calaamadaha cagaarshowka, xanuun iyo dareen cagaarshowna ma laha. Dadka qaarkii waxay ku bogsadaan muddo dhawr bilood ah, waxayna abuuran nidaam ka ilaaliya in xanuunkaasi dib ugu dhaco. Qaar kalena, waxa jidhkooda ku jira farista xanuunka muddo sannado ah ama intay nool yihiin.

## Maxa dhici kara haddii ilmahaaga xanuunku ku dhaco?

Caruurta xanuunku ku dhaco badankooda kama muuqato calaamadaha xanuunku, lakiin farista xanuunku way ku jirta. Kuwa faristu ku jirto waxa ku dhici kara cudur xun oo beer ku dhaca, kana mid yihiin kansar, iyo cudur kale oo loo yaqaan Sayroosis, kuwaasi oo ku dhaca da'da da meeldhexaadka ah.

## Ma qaadsiin kara Cagaarshow B ilmahayga, xiita haddii aanan xanuun dareymayn?

HAA. Dumarka uurka leh ee xanuunsanaysa way qaadsiin karta xanuunka ilmaheeda. Taasi waxay dhaca wakhtiga umulaada. Deecanka hooyada ee leh Farista ayaa taaban kara ilmaha wakhtiga dhalashada, taasi ayaa ilmaha xanuun ku reebi karta.

## Sidee baan u ilaalin kara ilmahayga?

Dhakhtarka dhiig iskaga soo qaad. Haddii aad qabto cagaarshow B, waxa la bilaabi doonna in ilmahaaga la mudo. Waxa la siin doonna ilmaha dawo uu iskaga ilaaliyo xanuunka loona yaqaan (HBIG), waana la tallaali doona marka ilmuu dhasho, ka dibna waxa laga tallaali doona cudur cagaarshow B laba jeer oo kale ka hore intaanu ilmuu noqon 6 bilood. Haddii talalada mid laga tago ilmuu ma yeelan doonno quwad uu xanuunka iskaga ilaaliyo. Aad ayey muhiim u tahay in ilmuu helo tallaalada oo dhan waqtugooda.

## Sidee baan u ilaalin kara qoyska intiisa kale?

Raac dariiqooyinka ku qoran bogga kale. Midda kale waa inay iska soo badhan xanuunka cagaarshow B, tallaalna qataan dadka guriga ku nool oo dhami.



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## **P R I N T I N G   S P E C I F I C A T I O N S**

**Title:** Hepatitis B: How to Protect Your Baby

**Size:** 11 x 8.5

**Paper stock:** 65# cover Wausau Astrobrights Neptune Blue

**Ink color:** Black

**Special instructions:** 2-sided printing. Finished job folds to 5.5 x 8.5

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